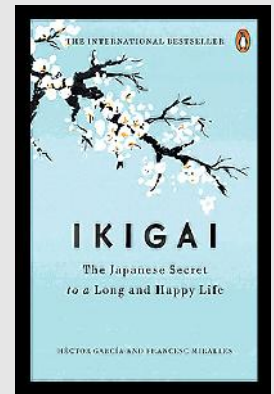


BOOK REVIEW

IKIGAI Book written by Hector Garcia & Francesc Miralles Penguin House – UK



Reviewed by : Dr. VS Chauhan, Professor, ABBS

This book is all about the purpose of one's life, & how it can lead to happiness.

The authors tried to find answers to

- What is the meaning of life?
- Is the point just to live longer, or should I seek a higher purpose?

Why do some people know what they want and have a passion for life, while others have pain of confusion?

Book has nine chapters.....

1. **IKIGAI:** *The art of staying young while growing old.*
2. **Antiaging Secrets:** *Little things that add up to a long & happy life.*
3. **From Logotherapy to Ikigai:** *How to live longer and better by finding your purpose.*
4. **Find Flow in Everything You Do:** *How to turn work and free time into spaces for growth.*
5. **Master of Logotherapy:** *Words of wisdom from the longest - living people in the world.*
6. **Lessons from Japan's Centenarians:** *Traditions and proverbs for happiness and longevity.*
7. **The Ikigai Diet:** *What the world's longest - living people eat & drink.*
8. **Gentle Movements, Longer Life:** *Exercises From The East That Promote Health and Longevity.*
9. **Resilience & Wabi – Sabi :** *How To Face Life's Challenges Without Letting Stress and Worry Age You*

Chapter 1. Ikigai - *The Art of Staying Young While Growing Old.*

In this chapter, a question is posed to the reader - What is your reason for being?

The Islands of (almost) Eternal Youth Okinawais one of the Five Blue Zones where people lived longest. The five Blue Zones are.....

1. **Okinawa, Japan.**
2. **Sardinia, Italy**
3. **Loma Linda, California**
4. **The Nicoya Peninsula – Costa Rica**
5. **Ikaria, Greece**

According to scientists, the keys to longevity of the people in Blue Zone are diet, exercise, finding a purpose in life (an ikigai), and forming strong social ties — that is, having a broad circle of friends & good family relations. Okinawa holds 1st Place Among the world's Blue Zones.

In this Chapter, Authors explain the concept of **Hara Hachi Bu** - The 80% principle & its secret and the concept of **Moai** close bonds within the communities.

Chapter 2. Anti - ageing Secrets - *Little things that add upto A long & happy life*

This chapter highlights & advises us to have an active mind & youthful body.

Chapter 3. From Logotherapy to IKIGAI: *How to live longer & better by finding your purpose.*

In this chapter, authors talked about the concepts of Logotherapy and Morita Therapy.

Logotherapy helps us to consciously discover our life's purpose.

Morita therapy teaches us to accept our emotions without trying to control them, since feelings will change as a result of our actions.

& **NOW ... I K I G A I**

Chapter 4. Find Flow in Everything You Do: *How to turn work & free time in to spaces for growth.*

Whenever we're completely immersed in what we are doing is the state of "flow".

The authors quoted two examples to describe the concept of "flow" in Japan

1. Takumis of Toyota for handmade screws.
2. Takumis of Toyama - Kyoto, for porcelain.

Takumis understand importance of flowing with their ikigai at all times.

Our sense of time vanishes when we engross in an activity we enjoy. We get completely immersed in the experience, not thinking about or distracted by anything else. This kind of experience Bruce Lee described as -"Be water, my friend". (Movie- Enter the Dragon).

The Power of Flow - Whenever we're completely immersed in what we are doing is the state of "flow". A key ingredient to ikigai is the ability to reach a state of flow.

Micro flow -Enjoying Mundane Tasks - Our ability to turn routine tasks into something we enjoy is key to our being happy, since we all have to do such tasks.

Chapter 5. Master of Logotherapy: Words of wisdom from the longest - living people in the world

Authors interviewed super centenarians - people who live 110 years of age or more.

1. **Misoa Okawa (117 Yrs.)** said -"Eat& sleep and you will live a long time. You have to learn to relax."
2. **Marie Capovilla (116 Yrs.)** said - "I have never eaten meat in my life."
3. **Walter Breuning (114 Yrs.)** said - "If you keep your mind and body busy, you will be around a long time".
4. **Jeanne (112 Yrs.)** said - "Everything is fine".

Chapter 6. Lessons from Japan's Centenarians: *Traditions & proverbs for Happiness and Longevity.*

Authors visited OGIMI Village & conducted interviews with the oldest members of the community. They found that.....

People of OGIMI enjoy rich social life. They celebrate birthday of their community members. Celebrations are an essential part. The people are busy with important tasks but with a sense of calm.

Repeated themes observed after hundred interviews at Ogimi.

1. **Don't worry.**
2. **Cultivate good habits.**
3. **Nurture your friendships every day.**
4. **Live an unhurried life.**
5. **Be optimistic.**